



Dear Parent/Carer,

Opportunity for your child to participate in Bikeability cycle training

South Lake has been chosen as one of a number of schools in this borough to receive Bikeability cycle training. This training is funded by the Council and is being delivered on its behalf by Cycle Experience, www.cycleexperience.com

Children enjoy cycling and additional to the health benefits associated with physical activity, cycling also develops confidence and gives them independence. Children who have been trained are much safer and, in addition, tend to cycle more.

A new take on cycle proficiency, Bikeability is aimed at upper Key Stage 2 pupils. It's designed to develop the skills to cycle safely and confidently both in off-road playground environment and on roads in the vicinity of the school

Bikeability cycle training is outcome based and this course consists of two specific 'levels', each with distinct outcomes. The levels are progressive and if your child does not achieve all of the outcomes of the Level 1 course then they will not be able to progress immediately onto the Level 2 course.

- Bikeability Level 1 (2 hours) – this element of the course will take place in the school playground. To participate, your child must be able to ride a bike without stabilisers. They will be expected remain in control when starting, stopping and riding along, look behind and ride one-handed (with either hand) without wobbling.
- Bikeability Level 2 (6 hours) – this element of the course takes place on roads near to the school. The course will enable your child to understand how to start and stop a journey safely, understand priorities and the correct road positioning. They will also experience making left and right turns in and out of T-junctions.

For more information about Bikeability please visit <https://bikeability.org.uk/>

If your child doesn't achieve all Bikeability Level 1 outcomes their training will end after the 2-hour playground session. They'll receive a Certificate of Attendance, and you'll receive feedback on which skills they need to practice in order progress to Bikeability Level 2 at a later date. Similarly, if your child doesn't achieve all Bikeability Level 2 outcomes, they'll receive a Bikeability Level 1 Certificate and feedback on the skills they need they need to practice in order to achieve Bikeability Level 2.

Children will be spending up to eight hours cycling outdoors, so it's vital that they have suitable equipment and clothing.



For further information, please refer to the bike, helmet and clothing checklist that accompanies this letter.

It's your responsibility to ensure that your child has the following for the duration of the Bikeability course:

1. A bike that is in a good state of repair and is the correct size
2. A correctly fitting cycle helmet
3. Appropriate clothing and footwear for cycling, the season and the weather
4. Sunscreen (during summer)

Bikeability will take place during the week of 24th-26th June for 5T and 1st-3rd July for 5R.

I am writing to invite you to register your child(ren) for this training.

There are a limited number of places available, so please complete and return the attached form to me by April 23rd at the latest. Pupils will be accepted on a 'first come, first served basis'.

I do hope you will take advantage of this opportunity for your child to participate in Bikeability and look forward to receiving your completed form.

Yours sincerely

Mrs Thorpe and Miss Robinson



Cycle Training Consent Form

Child's/Children's name(s) (please print) _____

Parent/Carer's Name (please print) _____

I would like to register the above child/children to take part in the cycle training. I also consent to my child(ren)'s name, gender and any relevant SEND and/or medical information to added to Cycle Experience's secure booking/reporting system for the purpose of creating registers, feedback reports, and certificates.

I confirm that my child/children have a roadworthy bike and cycle helmet, both of which are the correct size

I do not wish my child/children to be photographed during the training

I would like my child to be exempt from wearing a helmet on religious/cultural grounds – I fully understand that Cycle Experience cannot accept liability for any injury sustained as a result of my child not wearing a cycle helmet

I do not wish my child/children to take part in the training.

If you are declining the offer of cycle training, can you tell us why? Your feedback will help us improve the services and opportunities that we offer.

Medical, SEND or other conditions which may be of relevance:

Signature:

Date:

Contact telephone number:

Please return this form to

Mrs Thorpe or Miss Robinson